



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Jacques FLAMENT

ASUB

Course : H:01

Distance : 4660m

Time : 1:02:06 (13'20"/km)

43/53

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Mats DE SMUL | 0:30:40 |
| 2. Frederik LOECKX | 0:30:46 |
| 3. Marcin GACZYNSKI | 0:32:23 |

1.	53	00:00:36		83m	7'14"/km
2.	60	00:01:35	00:02:11	101m	15'41"/km
3.	54	00:02:56	00:05:07	82m	35'46"/km
4.	32	00:00:37	00:05:44	44m	14'01"/km
5.	33	00:01:19	00:07:03	109m	12'05"/km
6.	35	00:01:56	00:08:59	188m	10'17"/km
7.	36	00:00:55	00:09:54	75m	12'13"/km
8.	40	00:02:28	00:12:22	180m	13'42"/km
9.	37	00:01:30	00:13:52	108m	13'53"/km
10.	38	00:01:28	00:15:20	73m	20'05"/km
11.	55	00:02:14	00:17:34	263m	8'30"/km
12.	41	00:01:52	00:19:26	146m	12'47"/km
13.	42	00:02:10	00:21:36	210m	10'19"/km
14.	52	00:03:00	00:24:36	220m	13'38"/km
15.	45	00:05:13	00:29:49	297m	17'34"/km
16.	50	00:02:20	00:32:09	107m	21'48"/km
17.	47	00:00:59	00:33:08	100m	9'50"/km
18.	46	00:01:29	00:34:37	101m	14'41"/km
19.	58	00:00:52	00:35:29	83m	10'27"/km
20.	59	00:02:15	00:37:44	195m	11'32"/km
21.	43	00:03:10	00:40:54	99m	31'59"/km
22.	48	00:02:30	00:43:24	236m	10'36"/km
23.	49	00:00:55	00:44:19	47m	19'30"/km
24.	56	00:02:53	00:47:12	192m	15'01"/km
25.	57	00:01:11	00:48:23	61m	19'24"/km
26.	31	00:04:51	00:53:14	413m	11'45"/km
27.	44	00:02:49	00:56:03	208m	13'33"/km
28.	39	00:01:38	00:57:41	199m	8'12"/km
29.	34	00:02:53	01:00:34	274m	10'31"/km
30.	51	00:01:05	01:01:39	127m	8'32"/km
31.	999	00:00:27	01:02:06	34m	13'14"/km